



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

CASE MANAGEMENT SERVICES

Age Well Senior Services offers a variety of programs for seniors living in South Orange County ranging from medical transportation (including rides to the VA Hospital in Long Beach), Meals on Wheels, adult day care centers, and Case Management services. Services are just a phone call away at (949) 855-8033.

Case Managers are experts on community resources offering telephonic referrals, in-home assessments, and can recommend reliable services to help older adults remain safely in their homes.

On Thursday, June 18, at 11:15 AM, come to the Senior Scene Clubhouse and meet Age Well Senior Services Case Manager, Cheryl Wieland, RN-BC, BSN, CCM, as she discusses services available to you.

Apr/May/June 15

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SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will not be taken before that date or time but only for the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

April

Lake Forest Residents:
Wed, April 1, 12:00 PM

Non-Residents:
Thurs, April 2

May

Lake Forest Residents:
Wed, May 6, 12:00 PM

Non-Residents:
Thurs, May 7

June

Lake Forest Residents:
Wed, June 3, 12:00 PM

Non-Residents:
Thurs, June 4

APRIL MINI EXCURSIONS



Piecemakers Country Store • Costa Mesa
Wednesday, April 8 • 10:30 AM-2:00 PM
Fee: Free

Established in 1978, Piecemakers has grown from a tiny quilt shop to a thriving country store that offers gifts, quilts, antiques, fabrics, notions, patterns, embroidery threads and more. A luncheon buffet is offered for \$8.00 per person, or bring your lunch.

Rancho Las Lomas • Silverado
Wednesday,
April 29
10:00 AM-1:30 PM
Fee: \$10.00
(Pay at registration/ docent-led tour)



Rancho Las Lomas is an open-air museum that lives, breathes, squawks, and growls. It's one of Southern California's most spectacular private resorts and zoological garden. The fabulous gardens, interspersed with majestic creatures, make for an unparalleled wildlife experience. The zookeeper will lead you through the fabulous gardens and introduce you to the menagerie of wildlife. Bring your lunch and enjoy eating in the beautiful surroundings.

MAY MINI EXCURSIONS

The Kellogg House & Gardens • Santa Ana
Monday, May 11
10:30 AM-1:45 PM
Fee: \$8.00 (private tour)

The Kellogg House was built in 1898. The house is decorated and furnished in authentic Victorian décor. Little has been changed of the basic floor plan, central stairway, elaborate woodwork, and neo-classical exterior. Many rooms feature authentic antiques.



Silverado Canyon Hike & Lunch at the Silverado Café • Silverado
Wednesday, May 27
10:00 AM-2:00 PM
Fee: \$5.00 (pay at the hike/docent-led tour)

Your day begins with a slow interpretive quarter-mile hike (flat terrain) with naturalist Joel Robinson, who will educate you about the history and environment of Silverado Canyon. Afterwards, enjoy lunch at the Silverado Café (lunch ranges from \$4.00-10.00).

JUNE MINI EXCURSIONS



Ocean Institute • Dana Point
Monday, June 15 • 10:45 AM-2:00 PM
\$6.50 (pay at the door/docent-led tour)

The Institute has become nationally known for its hands-on marine science, environmental and ocean education, and maritime history programs. You will learn about ocean facts, sea creatures, oceanography, science, and California history.

Tustin Certified Farmers' Market & Old Town Tustin • Tustin
Wednesday, June 24
10:00 AM-2:00 PM

Approximately 40 vendors feature locally grown produce, including organic and conventionally grown in-season fruits and vegetables, local honey, eggs, and flowers. Then, back on the bus to Old Town Tustin to shop and explore along the tree-lined streets.

SEMINARS

Apr/May/Jun 2015

4

Senior Scene

April

My Aching Feet

**Thursday, April 16
11:15 AM**

No wonder our feet hurt! Our feet sustain not only our weight, but also absorb the shock of each step we take. Almost 25% of the bones in our body are in our feet, not to mention 100 muscles and tendons. Dr. Aminian, Foot and Ankle Specialist of SCOS, will discuss foot and ankle issues and surgical procedures.

May

Hoarding: A Simple Look at a Complex Disorder

**Thursday, May 21
11:15 AM**

It's hard to wrap your head around why people hoard. Are they just lazy? True hoarding is a psychological disorder affecting around 5% of the US population...that would be approximately 15,000,000 hoarders. Walk away from today's seminar knowing what services are available.

June

Age Well Senior Services Community Case Management

**Thursday, June 18
11:15 AM**

Cheryl Wieland, RN-BC, Case Manager for Age Well Senior Services, will discuss available services. Case Managers empower seniors maintain healthy independence such as in-home help, personal care/housekeeping, Meals on Wheels, Medicare/medical information, referrals, and more.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month: April, call April 6; May, call May 4 : June, call June 1).

Crafts may change due to availability of supplies.

CHIA PET 101

**Tuesday, April 21 •
10:30 AM**

You will make your own Chia pet or person from a two-liter plastic beverage container. We'll supply the container and embellishments so you can create a very unusual pet or person and have a good laugh doing so!



SEA SHELL PICTURE FRAME

Tuesday, May 19 • 10:30 AM

No need to go to the beach and collect your sea shells for this craft...we will bring the shells and the frame to you so you can put your magic together creating a beautiful shell frame.

PATRIOTIC FLOWERS

**Tuesday, June 16 •
10:30 AM**

Get those scissors ready as you create "red, white, and blue flowers" from paper! Of course you'll need a container to hold the flowers that will be provided for you to be your most creative.

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10:00 AM-2:00 PM.

DISCOVER THE EXCITEMENT!

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM-12:30 PM

Apr 1 • May 6 • June 3

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.

BAGELS & BINGO

Tue • 10:30 AM

Apr 7 • May 5 • Jun 2

ANGELS OPENING DAY Thu, April 9

We're kicking off Angels Opening Day a day early (official day is April 10), and what better way but to wear RED and to serve fresh hot popcorn!

PING PONG

Tue • 11:00 AM-1:00 PM

Apr 14 • May 12 • Jun 9

Dust off your paddles and join us for a friendly game of Ping Pong! It's great exercise, too!

SCRABBLE GAMES

Wed • 10:30 AM

Apr 15 • May 20 • Jun 17

BINGO MANIA

Mon • 10:30 AM

Apr 20 • May 18 • Jun 22

CELL PHONES 101

Tue • 12:00-2:00 PM

Apr 21 • May 19 • Jun 16

Master your phone! If you need assistance, drop by the Clubhouse and Jose from Monarch HealthCare will show you how.

BOCCE BALL @ THE SPORTS PARK

Wed • 10:30 AM

Apr 22 • May 20 • Jun 17

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Apr 23 • May 28 • Jun 25

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Apr 28 • May 26 • Jun 30

CINCO DE MAYO FIESTA (NOT SIESTA)

Tue, May 5

Arriba, Arriba! Whip out your sombrero and castanets! It's time to celebrate Cinco de Mayo... Staff will make some tasty Margarita punch (non-alcohol) and serve some nachos. We feel a Mexican Hat Dance coming on!

MOTHER'S DAY CELEBRATION

Thu, May 7

Wear your favorite hat or scarf to celebrate! Or create a unique hat! It's all about you today!

FATHER'S DAY CELEBRATION

Thu, June 18

T-shirts and ties, or if you like, wear a bolo (aka: cowboy tie). Who knows what kind of fashion statement you'll be creating!

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM-2:00 PM

Every Monday and Wednesday.

COUPON SWAP

Drop off and pick up coupons.

DROP-IN COMPUTER LAB

Mon/Tue/Thu 10:00 AM-2:00 PM

Wed 11:00 AM-2:00 PM

Availability limited at times due to training and computer classes. No instructor is on site.

The Computer Lab will be closed on Monday, April 6 and April 13 for tax preparation.

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IVC
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APR

Due to the popularity of the
Thursday Lunch Program, we encourage you
to arrive by 11:00 AM for seating.

<p>5</p> <p>HAPPY EASTER</p> 	<p>6</p> <p>10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>7</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>12</p>	<p>13</p> <p>10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>14</p> <p>10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>19</p>	<p>20</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 10:30 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>21</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Chia Pet 101 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Cell Phones 101 (CC-A) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>26</p>	<p>27</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>28</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
<div>1</div> <div>APRIL FOOL'S DAY</div> <div> <div>9:00 AM</div> <div>Excursion – Camp Pendleton</div> </div> <div> <div>9:00 AM</div> <div>Tai Chi Ch'uan (CC-B)</div> </div> <div> <div>10:00 AM</div> <div>Mahjong (CC-A)</div> </div> <div> <div>10:30 AM</div> <div>Tai Chi Ch'uan Advanced (CC-B)</div> </div> <div> <div>11:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>11:30 AM</div> <div>Chat w/ Monarch HealthCare (CC-A)</div> </div> <div> <div>11:30 AM</div> <div>Cold Box Lunch Program (CC-A)</div> </div> <div> <div>12:00 PM</div> <div>Mini Excursion Registration (CC-A)</div> </div> <div> <div>1:00 PM</div> <div>Yoga with Fleur (CC-B)</div> </div> <div>Cold Box Lunch</div>	<div>2</div> <div> <div>10:00 AM</div> <div>It's Never Too Late (S&S Club)</div> </div> <div> <div>10:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>10:30 AM</div> <div>Bingo (CC-A&B)</div> </div> <div> <div>12:00 PM</div> <div>Lunch (CC-A&B)</div> </div> <div> <div>2:00 PM</div> <div>Aquatic Fitness (LFBTC)</div> </div> <div>Chicken Sandwiches</div>	<div>3</div> <div>FRI</div> <div> <div>1:00 PM</div> <div>Bowling League (FL)</div> </div> <div>SAT</div> <div>4</div>
<div>8</div> <div> <div>9:00 AM</div> <div>Tai Chi Ch'uan (CC-B)</div> </div> <div> <div>10:00 AM</div> <div>Mahjong (CC-A)</div> </div> <div> <div>10:30 AM</div> <div>Mini Excursion – Piecemakers Country Store</div> </div> <div> <div>10:30 AM</div> <div>Tai Chi Ch'uan Advanced (CC-B)</div> </div> <div> <div>11:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>11:30 AM</div> <div>Cold Box Lunch Program (CC-A)</div> </div> <div>Cold Box Lunch</div>	<div>9</div> <div>ANGELS DAY</div> <div>Wear Red</div> <div> <div>10:00 AM</div> <div>It's Never Too Late (S&S Club)</div> </div> <div> <div>10:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>10:30 AM</div> <div>Bingo (CC-A&B)</div> </div> <div> <div>11:30 AM</div> <div>Emeritus Class Enrollment Summer Enrollment (CC-AR)</div> </div> <div> <div>12:00 PM</div> <div>Lunch (CC-A&B)</div> </div> <div> <div>2:00 PM</div> <div>Aquatic Fitness (LFBTC)</div> </div> <div>Hot Diggity Dogs</div>	<div>10</div> <div>FRI</div> <div> <div>1:00 PM</div> <div>Bowling League (FL)</div> </div> <div>City Hall Closed</div> <div>SAT</div> <div>11</div>
<div>15</div> <div> <div>9:00 AM</div> <div>Tai Chi Ch'uan (CC-B)</div> </div> <div> <div>10:00 AM</div> <div>Mahjong (CC-A)</div> </div> <div> <div>10:30 AM</div> <div>Scrabble (CC-A)</div> </div> <div> <div>10:30 AM</div> <div>Tai Chi Ch'uan Advanced (CC-B)</div> </div> <div> <div>10:45 AM</div> <div>Movie Day – St. Vincent (CC-L)</div> </div> <div> <div>11:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>11:30 AM</div> <div>Cold Box Lunch Program (CC-A)</div> </div> <div>Cold Box Lunch</div>	<div>16</div> <div> <div>9:30 AM</div> <div>Book Discussion – The Grapes of Wrath (CC-El Toro Room)</div> </div> <div> <div>10:00 AM</div> <div>It's Never Too Late (S&S Club)</div> </div> <div> <div>10:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>10:30 AM</div> <div>Bingo (CC-A&B)</div> </div> <div> <div>11:15 AM</div> <div>Seminar – My Aching Feet (CC-A&B)</div> </div> <div> <div>12:00 PM</div> <div>Lunch (CC-A&B)</div> </div> <div> <div>2:00 PM</div> <div>Aquatic Fitness (LFBTC)</div> </div> <div>Chinese Feast</div>	<div>17</div> <div>FRI</div> <div> <div>1:00 PM</div> <div>Bowling League (FL)</div> </div> <div>SAT</div> <div>18</div>
<div>22</div> <div>EARTH DAY</div> <div> <div>9:00 AM</div> <div>Tai Chi Ch'uan (CC-B)</div> </div> <div> <div>10:00 AM</div> <div>Mahjong (CC-A)</div> </div> <div> <div>10:30 AM</div> <div>Bocce Ball (Sports Park)</div> </div> <div> <div>10:30 AM</div> <div>Tai Chi Ch'uan Advanced (CC-B)</div> </div> <div> <div>11:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>11:30 AM</div> <div>Cold Box Lunch Program (CC-A)</div> </div> <div>Cold Box Lunch</div>	<div>23</div> <div> <div>9:00 AM</div> <div>Legal Aid (CC-AR)</div> </div> <div> <div>10:00 AM</div> <div>It's Never Too Late (S&S Club)</div> </div> <div> <div>10:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>10:30 AM</div> <div>Bingo (CC-A&B)</div> </div> <div> <div>11:30 AM</div> <div>Birthday Celebration (CC-A&B)</div> </div> <div> <div>12:00 PM</div> <div>Lunch (CC-A&B)</div> </div> <div> <div>2:00 PM</div> <div>Aquatic Fitness (LFBTC)</div> </div> <div>Italian Feast</div>	<div>24</div> <div>FRI</div> <div> <div>1:00 PM</div> <div>Bowling League (FL)</div> </div> <div> <div>6:30 PM</div> <div>Friday Night @ The Movies – The 100-Foot Journey: A Passionate Affair (PG)</div> </div> <div>City Hall Closed</div> <div>SAT</div> <div>25</div>
<div>29</div> <div> <div>9:00 AM</div> <div>Tai Chi Ch'uan (CC-B)</div> </div> <div> <div>10:00 AM</div> <div>Mini Excursion – Rancho Las Lomas</div> </div> <div> <div>10:00 AM</div> <div>Mahjong (CC-A)</div> </div> <div> <div>10:30 AM</div> <div>Tai Chi Ch'uan Advanced (CC-B)</div> </div> <div> <div>10:45 AM</div> <div>Movie Day – The Good Lie (CC-L)</div> </div> <div> <div>11:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>11:30 AM</div> <div>Cold Box Lunch Program (CC-A)</div> </div> <div>Cold Box Lunch</div>	<div>30</div> <div>CLUBHOUSE OPENS AT 11:00 AM</div> <div> <div>10:00 AM</div> <div>It's Never Too Late (S&S Club)</div> </div> <div> <div>10:00 AM</div> <div>Drop-In Computer Lab (CC-TR)</div> </div> <div> <div>10:30 AM</div> <div>Bingo (CC-A&B)</div> </div> <div> <div>11:30 AM</div> <div>Excellence for Seniors Award Luncheon (reservations required)</div> </div> <div> <div>2:00 PM</div> <div>Aquatic Fitness (LFBTC)</div> </div>	

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<p>3</p>	<p>4</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>CINCO DE MAYO FIESTA 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Nachos (CC-A)</p> <p>Cold Box Lunch</p>
<p>10</p> <p>HAPPY MOTHER'S DAY</p> 	<p>11</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mini Excursion – The Kellogg House & Gardens 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 10:30 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Sea Shell Picture Frame 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>24</p> <p>31</p>	<p>25</p>  <p>MEMORIAL DAY (OBSERVED)</p> <p>CITY HALL AND CLUBHOUSE CLOSED</p>	<p>26</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

LEGEND

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SUN	MON	TUE
	1 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	2 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
7	8 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	9 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
14 8:00 AM Excursion – Rose Bowl Flea Market	15 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 10:45 AM Mini Excursion – Ocean Institute 11:30 AM Cold Box Lunch Program (CC-A)	16 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Patriotic Flowers 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
21 FIRST DAY OF SUMMER  HAPPY FATHER'S DAY	22 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	23 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Poker Walk @ The Senior Clubhouse 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
28 5:30 PM Concert at Pittsford Park	29 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	30 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch

WED	THU	FRI / SAT
3 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch	4 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chicken Sandwiches	5 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust City Hall Closed <hr/> SAT 6
10 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Theory of Everything (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch	11 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast	12 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 13
17 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Bocce Ball (Sports Park) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch	18 FATHER'S DAY CELEBRATION 9:30 AM Book Discussion – Where'd You Go, Bernadette (CC-El Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Age Well Senior Services Community Case Management 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast	19 8:00 AM Mammograms (CC-B) 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 20
24 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Tustin Farmers' Market & Old Town Tustin 10:00 AM Mahjong (CC-A) 10:45 AM Movie Day – The Imitation Game (CC-L) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch	25 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Hamburgers	26 1:00 PM Bowling League (FL) <hr/> SAT 27

JUN

Due to the popularity of the
 Thursday Lunch Program, we encourage you
 to arrive by 11:00 AM for seating.

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

EMERITUS CLASS SUMMER ENROLLMENT

**Thursday, April 9 • 11:30 AM-1:00 PM •
Activities Room**

A representative from Irvine Valley College will be on-site so you can register at the Senior Scene Clubhouse. **No need for an appointment – just drop in to sign up!**

ROCK-A-HULA LUAU DINNER / DANCE AND ENTERTAINMENT

Friday, May 8 • 4:00–7:00 PM

**\$10.00 per person • Reservations required
(no phone reservations)**

"Rock-a-hula your lulu in Honolulu"... actually you'll be in Lake Forest but you'll think you're on the Big Island! Dress in your favorite muumuu, grass skirt, or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious catered dinner, and entertainment by your favorite DJ Michael! Now would be a good time to start working on your hula dancing skills!

4TH OF JULY PARADE FLOAT • LAKE FOREST SPORTS TOWN USA!

It's that time again to sign up for the City's 24th Annual 4th of July Parade. If you would like to help decorate or ride on the float, call (949) 461-3408 on Monday, June 1, and leave your name and phone number. (Space is limited.)

POKER WALK @ THE SENIOR CLUBHOUSE

Tue, Jun 23 • 11:00 AM • Fee: Free •

Reservations required; call 461-3450

How lucky are you with cards? We deal cards along the "poker" path around the complex. The person with the "best hand" wins a \$25 gift card. Afterwards, we'll enjoy hot dogs and chips.

April



St. Vincent

**(PG-13) • April 15
102 Minutes**

Maggie (Melissa McCarthy), a single mother, moves into a home in Brooklyn. Forced to work long hours, she has no choice but to leave Oliver, her 12-year-old son, in the care of their neighbor, Vincent (Bill Murray). Vincent brings Oliver along on all the stops that make up his daily routine – the race track, a strip club, and the local dive bar. Vincent helps Oliver grow to become a man, while Oliver begins to see Vincent as a misunderstood man with a good heart.



The Good Lie

**(PG-13) • April 29
110 Minutes**

They were known simply as "The Lost Boys."

Orphaned by the brutal civil war in Sudan that began in 1983, these young victims traveled as many as a thousand miles on foot in search of safety.

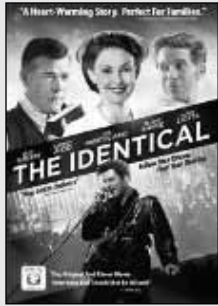
Fifteen years later, a humanitarian effort would bring 3,600 lost boys and girls to America.

Starring Reese Witherspoon and Corey Stoll.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

May



The Identical (PG) • May 13 107 Minutes

Identical twin brothers (both played by Blake Rayne) are separated at birth during the Great Depression.

Their parents (Brian Geraghty, Amanda Crew) cannot afford to give them both a life beyond poverty, so one is adopted by a loving family.

Despite their very different upbringings, the boys' shared passion for music causes their lives to unknowingly intersect as they experience a powerful and mysterious connection often felt by twins.



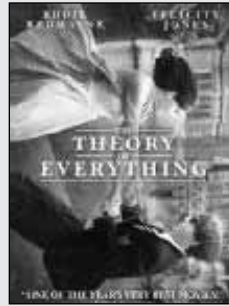
Hachi: A Dog's Tale (G) • May 27 93 Minutes

Based on the 1987 Japanese film Hachiko Monogatari, as well as on a true story, Hachi: A Dog's Tale, stars Richard Gere as a college professor who finds an abandoned dog and takes the poor lost animal in.

The film follows the two as the man and animal soon form a strong and unexplainable bond.

Joan Allen co-stars in the Inferno Entertainment production.

June



The Theory of Everything (PG-13) • June 10 123 Minutes

This is the extraordinary story of one of the world's greatest living minds: the renowned astrophysicist Stephen Hawking, who falls in love with fellow Cambridge student Jane Wilde. Once a healthy, active young man, Hawking received an earth-shattering diagnosis at the age of 21. Stephen embarks on his most ambitious scientific work, studying the very thing of which he has precious little: time. Together, he and Jane defy impossible odds, breaking new ground in medicine and science, and achieving more than they could ever have dreamed.



The Imitation Game (PG-13) • June 24 114 Minutes

British authorities entered the home of mathematician, cryptanalyst and war hero Alan Turing to investigate a reported burglary. They instead ended up arresting Turing himself on charges of "gross indecency." He was convicted of the criminal offense of homosexuality. Officials were actually incriminating the pioneer of modern-day computing. Turing led a group of scholars, linguists, chess champions, and intelligence officers, and cracked the so-called unbreakable codes of Germany's World War II Enigma.

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM-2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. \$1.00 voucher one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – \$2.50 voucher one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – \$5.00 voucher one way.

I have to an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – \$7.00 voucher one way.

*** Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

For additional transportation options, call OCTA at 1-800-636-7433.

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Drive, Second Floor.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

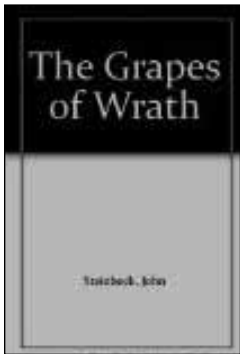
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • NEW TIME: 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

April

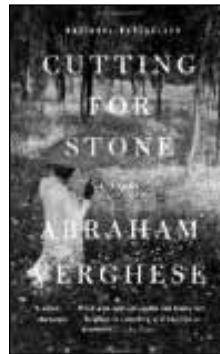


April 16 **The Grapes of Wrath** by John Steinbeck

Driven from their homestead in the 1930's, the Joads are forced to travel west to California. Out of their trials and their repeated collisions against the hard realities of an America divided into Haves and Have-Nots evolves a drama that is intensely human yet majestic in its scale and moral vision, elemental yet plainspoken, tragic but ultimately stirring in its human dignity.

A portrait of one man's fierce reaction to injustice, and of one woman's stoical strength, the novel captures the horrors of the Great Depression and probes into the very nature of equality and justice in America.

May

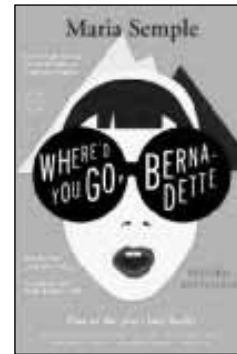


May 21 **Cutting for Stone** by Abraham Verghese (book provided)

Marion and Shiva Stone are twin brothers, born of a secret union between an Indian nun and a brash British surgeon. They are orphaned at a young age and must learn to navigate the world together as they grow up in Ethiopia on the brink of a revolution.

The twins' story swings from Addis Ababa to New York City and explores the themes of family, betrayal, health care, everyday magic and the way that two lives can forever intertwine. The novel crosses continents and cultures and a love story with tragic consequences.

June



June 18 **Where'd You Go, Bernadette** by Maria Semple

Bernadette Fox is notorious. To her Microsoft-guru husband, she's a fearlessly opinionated partner; to fellow private-school mothers in Seattle, she's a disgrace; to design mavens, she's a revolutionary architect, and to 15-year-old Bee, she is a best friend and, simply, Mom.

Then Bernadette disappears. To find her mother, Bee compiles email messages, official documents, secret correspondence – creating a compulsively readable and touching novel about misplaced genius and a mother and daughter's role in an absurd world.



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LAKE FOREST SENIOR PROGRAMS

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**The dancing Marines
are back!**



**B & B havin' some
kind of fun!**



We got our groove on!



**Wanted
hombres!**